

Orange Banana Frosty

Makes: 2 servings

Ingredients

1 banana (frozen)

1/2 cup low-fat yogurt (plain)

1/2 cup orange juice (prepared)

Directions

1. Put all ingredients in a blender and mix well.
2. Add more liquid if you want the drink thinner.

Source: University of Nebraska, Recipe Collection, p.5Staff from the Extension

Nutrition Information

Nutrients	Amount
Calories	120
Total Fat	1 g
Saturated Fat	1 g
Cholesterol	5 mg
Sodium	45 mg
Total Carbohydrate	25 g
Dietary Fiber	2 g
Total Sugars	19 g
Added Sugars included	N/A
Protein	4 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	